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(54) FOOD AND DRINK CONTAINING EXTRACT OF CRATAEGUS CUNEATA AND USED FOR IMPROVING ENDURANCE

(57)Abstract:

PROBLEM TO BE SOLVED: To obtain a food or drink containing the extract of Crataegus cuneata in a prescribed amount, capable of being easily taken, excellent in refreshing mouth touch, flavor and endurance-improving effect, and capable of being suitably used for physical exercises, etc.

SOLUTION: This food or drink is obtained by extracting the Crataegus cuneata with water or ethanol, purifying the extract to give a low polar fraction, and subsequently adding the obtained Crataegus cuneata extract to a food or drink in an mount of 1-10%. The Crataegus cuneata extract contains one or more of chlorogenic acid, tannin compounds such as epicataechin, and flavone glycosides such as rutin, isoquercitrin and hyperin. The Crataegus cuneata extract is further preferably compounded with the extract of hydrangea tea, Zizyphi fructus or Glycyrrhizac radix.

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